

Don't get a tan to die for

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By Kathy Joyce

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This time of year many people are getting ready for their summer holidays and spending more time outdoors in the sun.

I live in the South East of England and even here the sun can be very strong in the summer months. Global warming is causing the ozone layer to become thinner. Between 1978 and 1985 the the level of ozone in the atmosphere dropped by 2.5%. Ozone offers protection from the sun's ultra violet rays.

Skin cancer is on the increase and is becoming a worrying health problem. Children are most vulnerable as their skin is thinner than an adults and their risk of getting sunburnt is much greater.

A lot of people still believe that a tan is a sign of good health and beauty. in fact it is a sign that the skin is damaged.

Most skin damage resulting in wrinkles is caused by exposure to the sun's UVA rays, and often most of the damage is done by the age of 21. This may not show up until later in life.

Sunbeds can be even more dangerous as they have mostly UVA rays which do the most damage. The sun has both UVA and UVB rays.

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The best advice for a healthy, wrinkle free skin is to stay out of the sun completely, but that can be very difficult when you're on holiday.

Stay out of the sun during the hottest time of day when the sun is at it's strongest. That is between midday and about 4.00pm in the afternoon.

When you do go out in the sun make sure that you have a good high protection sun cream, and a wide brimmed hat as well as sunglasses with UVA protection. Apply sun cream 20–30 minutes before you go out.

Even when it's cloudy the sun's UV rays can still penetrate. They can penetrate in water as well, so if you go swimming make sure that you still put plenty of sun cream on.

When choosing a suncream check the ingredients. It's much better to choose one that contains both UVA and UVB protection, as well as natural ingredients and moisturisers.

There are many different sun creams on the market today but 90% of them contain OMC or octyl methoxycinnamate. This chemical is used to protect the skin against skin cancer, but according to tests carried out by scientists it could damage human cells if it gets into the blood stream.

Other chemicals often present in sun creams are mineral oil and PABA or benzophenone which may lead to skin and photo allergic reactions.

Parabens are used widely in suncreams as a preservative. They are derived from plant extracts and petroleum. Sensitive skins may react to this.

However the importance of using sun cream is far greater than the risk from the chemicals in the cream.

A fake tan may be the safest option for that sun kissed look. Sunless tanning creams have come a long way in the past few years from the orange streaky effect that most of them gave.

Eating a diet rich in antioxidants can also help to protect the skin. Eat plenty of fruit and vegetables especially red and orange coloured, e.g red peppers, oranges, blueberries, butternut squash and carrots.

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For a suncare system that gives your skin UV protection without using toxic chemicals visit <http://www.healthandbeautytowealth.com/cart2/suncareproduct.html> Health-e-news is a monthly ezine providing information on health and nutrition, as well as beauty related topics such as skincare and haircare. subscribe by sending a blank email to; health-e-news@getresponse.com

Best Tips To Safe Indoor Tanning

By Ashish Jain

The process of self tanning is the answer to sun tanning, which you believe is the possible reason for skin cancer. The relationship between cancer and sun tan is more or less proved by the research scientists now.

One of the "safest" methods is airbrush tanning. This is the process that employs an air compressor and airbrush delivery system to apply the tanning solution to the skin, to whichever area you wish.

What is the positive side of this natural tan system? It is easy and even in application. The absorption is quick, streak-free. We have blamed the sun enough for your hard labors in sun tanning, when you were ignorant about these self tanning exercises. Burning, premature aging, and master of all skin diseases, the dreaded skin cancer!

There is nothing to be afraid about this natural tan, codenamed DHA. It is our old friend, sugarcane juice! Its reaction is just superficial. I mean it causes a natural reaction on the top layer of your skin, to produce a beautiful tan. Sugar can cause you diabetes, but not this process- no damage to the skin, whatsoever!

Krome Aerosol Spray Tanning: This is also a side-effects free, superior solution. It is very convenient to use as well. It is a hand-spray bottle. You can carry it along with you.

You need to follow certain guidelines, before you start with your self-service tanning procedure:

1. Before using the airbrushing application, remain free from the application of lotions and perfumes.
2. Shake the can thoroughly, before each application.
3. Even and thorough application is a must.
4. Allow for a deep and penetrating tan. Do not take bath for 6 to 8 hours after the tan.
5. If it is your first attempt, do it again on the second day for the tan to be effective.
6. Always wipe the bottoms of your feet after airbrushing.
7. Maintain a cool body temperature before spraying.

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8. Take care to select your product for self tanning. Quick results are nice, but if they were to cause permanent damage to your skin, you will feel discouraged. This type of tanning is supposed to check the aging process of the skin.

If the ingredients of the solution are natural, it is reasonable to assume that they are safe. Tan only when it is necessary and if you think it suits you. Your natural complexion of the skin might be better than any tan. Have a moderate approach to tan.

<http://www.easy-tanning.com/tanningbeds/>

& Tanning Tips provides detailed information on tanning, tanning beds, tanning tips and more.



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